



MIDDLE BACK STRETCH

Purpose: To increase middle back extension flexibility.

Description: Lie on your back with knees bent and arms at your sides. Place a firmly rolled towel at the base of the shoulder blades. Inhale as you raise your arms overhead. Then exhale as you pause in this position. Lower arms to your sides. After one set of reps move towel up 4 inches toward head and repeat sequence. Then move towel up another 4 inches and repeat.

Comments: Slow, gentle movement, relaxing over towel. With exhalation to assist stretch.